

February 2018 for Family Caregivers and their loved ones

Caregiver SOS at
Lindale Senior Center
 3135 Swantner Drive
 Corpus Christi, TX 78404
 Office: 361-826-2343

*StressBusting Class
 Starting March 5th
 For caregivers of
 loved ones
 with Alzheimer's Disease
 or other Dementia's
 Please call
 361-826-2340 for
 information*



Senior Community Services



HELPING PEOPLE LIVE WITH ALZHEIMER'S

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7 <i>"A Cup of Care"</i> <i>Social Hour</i> <i>Lindale Sr. Center</i> <i>12:00 noon</i> <i>Sponsored by:</i> <i>Corpus Christi Hospice</i>	8 Closed for training	9 Closed for training
12 <i>Valentine's Day Dance</i> <i>Lindale Sr. Center</i> <i>12:30-3:00 pm</i>	13 Blood Pressure checks By: WellMed Alameda 9-11 am Wellness Education Healthy Eating Class 12:15 Yvette Silvas BSN, RN	14 Alzheimer's/Dementia Support Group 12:00 Lindale Sr. Center Sponsored By: New Century Hospice	15	16
19 Hospice 101 presentation Lora w/ River City Hospice Lindale Sr. Center 11:00 am	20	21 <i>Krafty Karegivers</i> <i>Lindale Sr. Center</i> <i>12 noon</i> <i>Sponsored by:</i> <i>Life Care Centers</i>	22	23 <i>Krafty Karegivers</i> <i>Zavala Sr. Center</i> <i>10:30 am</i>
26	27 A Time of Reflection w/Dr. Nestor Praderio Zavala Sr. Center 510 Osage 12 noon	28 Face to Face w/Dr. Nestor Praderio Dr's Regional Conf. Center 6:30 pm		